

Calculation of Body Mass Ind. .

$$\text{BMI} = \frac{\text{weight in kg}}{\text{height in m}^2}$$

| GRADES OF OBESITY | | BMI |
|-------------------|-------------------------------|----------------------------------|
| GRADE 0 | desirable weight | BMI 21-24 women BMI 22-24 men |
| GRADE 1 | overweight | BMI 25-29 |
| GRADE 2 | obesity | BMI 30-34 |
| GRADE 3 | medically significant obesity | BMI 35-39 |
| GRADE 4 | super obesity | BMI 40-44 |
| GRADE 5/6 | morbid obesity | BMI 45+ |

BLACKBURN & OSWALD: Medical Evaluation Treatment of the Obese Patient. Am J Cardiol, 1987; 59:559

Increased prevalence of obesity in the UK.

BMI GREATER THAN 30

| | Men | Women |
|------|-----|-------|
| 1980 | 6% | 8% |
| 1988 | 8% | 12% |

GREGORY, FOSTER, IGLEA and WISEMAN: The Diet and Nutrition Survey of British Adults. London HMSO 1990; Figure 15.1; p230

For further information and clinical studies on obesity, please write to:
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1 FOOT = 305 mm
1 INCH = 25 mm



Classification of Obesity using Body Mass Index (BMI)

